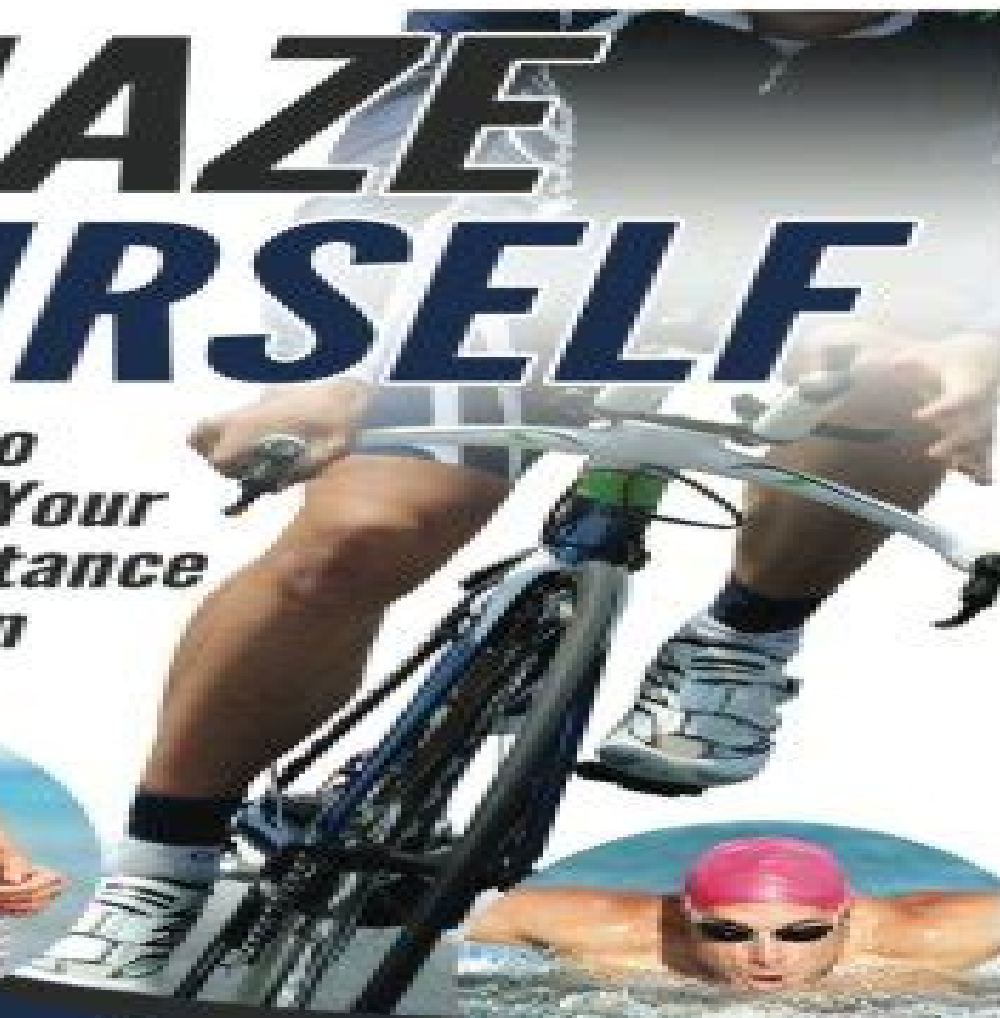


# **AMAZE YOURSELF**

*A Guide to  
Completing Your  
First Iron-Distance  
Triathlon*



**Anthony, Epp**

# Amaze Yourself A Guide To Completing Your First Iron Distance Triathlon

**T. J. Murphy**



## **Amaze Yourself A Guide To Completing Your First Iron Distance Triathlon:**

Amaze Yourself Anthony Epp, 2015-03-11 DISCOVER A Step By Step Method to training for and completing your first IRON DISTANCE TRIATHLON Ever dreamed about doing the Ironman or Challenge Triathlon Combining a swim of 2 4 Miles 3 8 kilometres in a lake or ocean a bike ride of 112 Miles 180km and then a MARATHON run of 26 2 miles 42 2 kilometers seems impossible But it isn't The truth is you CAN accomplish one of the toughest endurance races on the planet You just need a simple plan and some guidance Simple Strategies Your Time Your First Ironman Triathlon Finish You're about to discover how to build from your first 10k running race to a full iron distance triathlon in 12 months Here's a secret I believe that anybody with the right approach and support can complete an Iron Distance the term used to describe an Ironman Challenge Family or any triathlon with a 2 4 mile swim 112 mile bike and 26 2 mile run triathlon It requires a series of actions that you take each and every day The work begins 12 months before when you take your first run and each day week month builds on itself towards your ultimate goal Finishing the race in under 17 hours Happy Healthy and Smiling Here Is A Preview Of What You'll Learn Where to start with your training How to Level Up Basic equipment to buy so you don't break the bank Adding Biking and Swimming to your training Safety tips for a healthy and safe race Race day tips Nutrition advice Easy to follow checklists so you don't have to worry if you've forgotten something Much much more *Going Long* Joe Friel, Gordon Byrn, 2013-09-13 Internationally recognized triathlon coach and best selling author Joe Friel teams up with ultra endurance guru Gordon Byrn in *Going Long* the most comprehensive guide to racing long course and Ironman distance triathlons Combining science with personal experience Friel and Byrn prepare anyone from the working age grouper to the podium contender for success in triathlon's ultimate endurance event Whether you are preparing for your first long course triathlon or your fastest *Going Long* will make every hour of training count 40 sport specific drills to improve technique and efficiency Updates to mental training Key training sessions workout examples and strength building exercises A simple approach to balancing training work and family obligations A new chapter on active recovery injury prevention and treatment *Going Long* is the best selling book on Ironman training Friel and Byrn guide the novice intermediate and elite triathlete making it the most comprehensive and nuanced plan for Ironman training ever written *Going Long* is the best resource to break through an Ironman performance plateau to find season after season of long course race improvements *Triathlon Success* Mario Schmidt-Wendling, 2024-03-01 Long distance triathlons are becoming increasingly popular as thousands of athletes compete in more than 200 races globally each season Every one of these athletes requires quality training information and experienced coaching advice Drawing on his 20 years of coaching experience Mario Schmidt-Wendling provides the best training information for ambitious triathletes competing in Olympic to Ironman distance triathlons making *Triathlon Success* a must have practical guide This book does not offer generally formulated training plans but rather considers an athlete's individual situation such as their performance level which means the athlete is given the most

important basics to be able to make the right decisions for his or her own training Trainers will also find the book useful as both their work and the most important aspects of training theory for the long distance triathlon are highlighted and explained In addition to the extensive material on training and competition the triathlete will find relevant information on equipment nutrition and even how to prevent those typical mistakes made during training in all three disciplines All of the training content is enriched by numerous practical examples and the provided test procedures help triathletes diagnose their own progress Useful information on topics such as injuries illness and training and competing in the heat as well as a sample 16 week training plan round out this ultimate training guide     Start to Finish Paul Huddle,Roch Frey,T. J. Murphy,2004

Okay you ve finished your first short distance triathlon Now it s time to up the ante and go further and faster This guide includes longer workouts balancing work family and training adding speed work recovery and the mental game which are all important to reach the half Ironman distance     *Ultimate Triathlon* Paul Moore,Richard Hoad,2011 This is a guide to training for and competing in long distance Ironman triathlons one of the world s toughest sporting events Comprising of a 2 4 mile swim a 112 mile cycle and a marathon Ironman distance triathlon is a daunting undertaking for every competitor for the first timer it can be overwhelming Yet the numbers of participants are rocketing as thousands of people who have completed a sprint or standard distance triathlon are looking for their next challenge This book takes a holistic approach to the sport It covers everything from training plans to race entry from preparing your equipment to nutrition It is not guaranteed to get you over the finish line but it will help ensure that you are as prepared as you can be when the gun goes off The content is aimed at levels of ability ranging from first timers to the more experienced and includes information for triathletes from a variety of age groups Accessible lively and authoritative this book is the ideal guide to training for one of the most difficult sporting challenges in the world     *Beginners Guide to Conquering an Ironman Triathlon* Andrew Crabtree,2017-08-31

OK so you ve decided you are going to undertake an Ironman You have watched a couple a motivational videos on YouTube you have logged onto the site entered your details paid your fee told everybody you know about it on Facebook and Twitter and have undertaken a sponsorship drive for the charity of your choice Life is good and you feel good about it At some point the enormity of what you have signed up for will hit you It could be when you wake up in the middle of the night for a pee when you start to read an article on the number of hours the Pro s put into training on a weekly basis or when you attempt your first swim in the pool and struggle to complete ten lengths Do not panic As daunting as it feels at this moment in time this is an achievable life changing challenge which will push you to your limits If you put the right training and preparation in you will stand or float at the start line knowing that this is going to be one of the most amazing days of your life The following Chapters will take you through planning executing and recovering in the weeks and months up to your Ironman event The Chapters are aimed to be succinct and to the point in topics which are notoriously full of differing opinions and supporting scientific proof The Chapters are based upon my findings during my journey to completing the four

Ironman events that I have to date with a lot of reading picking peoples brains and trial and error Completing an Ironman is tough and should be given the respect that it deserves in the training and preparation that is made but caution should be taken in not giving the event too much respect in that it becomes crippling in your pursuit of glory **Swim, Bike, Run, Eat** Tom Holland,Amy Goodson,2014-06 Swim Bike Run Eat will guide you through day one of training to the finish line and help your body perform at the peak of fitness with expert advice that is easy to implement Triathlete Magazine's Guide to Finishing Your First Triathlon T. J. Murphy,2008-08-01 Here T J Murphy a longtime triathlete and Editor in Chief of Triathlete Magazine offers the aspiring triathlete a clear and simple pathway that will guide him or her toward experiencing the ultimate fitness lifestyle culminating with the successful completion of a first triathlon Beginning with the creation of an athlete s mindset the author guides the reader through essential techniques for swimming biking and running as well as topics such as nutrition equipment and racing Readers will learn how to create a training schedule and eventually enter and participate in an entry level triathlon Even the most unrepentant couch potato can be transformed into a triathlete with this inspiring companion and training partner Courage to Tri Bethany Rutledge,2018-07 Have you dreamed of crossing a finish line but felt like you had no idea how to get from where you are now to the starting line Whether it s a 5K triathlon or some other starting line this book is here to give you all the insights you need to make it to your first race Even if you ve never done anything athletic in your entire life completing a triathlon is ultimately up to your willingness to dedicate the time and put in the effort to try This book is also full of stories from women who will inspire and motivate you These women not only successfully completed a race they found new confidence and overcame unhealthy lifestyle choices Meant for each and every woman whether you re fit or a self proclaimed couch potato this book is the perfect guide to successfully a triathlon with just a few months of effort and dedication After a life changing experience the author went from a career driven woman to a triathlon enthusiast She shares her own story as well as those of the women she interviewed for this book After reading Courage to Tri you ll be inspired to sign up for your first race as well as given the tools to actually conquer it Racing an Iron Distance Triathlon Ryan D. Riell,2010-10-27 Racing an Iron Distance Triathlon is a one stop shop for any and all athletes that are racing an Ironman Whether you are training for your first Ironman or your tenth this book has something for everyone Bottom line the guidance in this book will streamline your Ironman experience cutting out wasted time in lines and on your feet Topics included in this book are 1 Nutrition A comprehensive section on nutrition starting seven 7 days prior to race day taking your through the end of the race This section includes detailed nutritional breakdowns of the most popular nutritional products available to triathletes Topics such as nutrient distribution carbohydrate loading and on course nutrition are covered in great detail complete with a race tested and proven sample meal plan for carbohydrate loading 2 Pacing The ultimate guide to pacing an racing zones to include swimming cycling and running With easy testing protocols and corresponding tables you will know beyond a doubt what your proper swim pace cycling power output or heart rate and

running pace or heart rate should be in order for you to have your best day 3 Race Site What to expect at the race site what you need to bring with you and what you need to do before the big day 4 Equipment and Accessories A comprehensive list of equipment and accessories that you will need for the big day 5 Transition and Special Needs Bags Another comprehensive description laying out everything that you will need for your special needs and transition bags along with the logic behind each item

Your First Half-Distance Triathlon Henry Ash, Marlies Penker, 2016-05-23 The half distance triathlon consists of a 1 2 mile swim 56 miles of cycling and a 13 1 mile run It is anything but an easy option but it represents a fascinating challenge for any well trained endurance athlete The book will guide any triathlete who wishes to finish his or her first half distance triathlon from the beginning of the preparation until race day A particular highlight of the book is its great amount of detailed training plans There are in depth examples of core and peripheral training and heart rate dependent pace levels T1 T8 which help to illustrate the year round training recommendations It also features advice on swimming cycling and running training cross training equipment strengthening and stretching typical training errors recovery self motivating performance testing and motivation tips as well as anecdotes and emotional stories from competitions With this guide anyone can finish their first half distance triathlon

*Become an Ironman* Cherie Gruenfeld, 2008 Looks at the three stages of a triathlon and provides advice tips and training techniques for both the body and the mind

A Dr's Triathlon Racing Training Lifestyle Guide: Beginner to Elite and Ironman Kona James Graham, 2017-05-29 Whether it is your 1st triathlon or your 100th this book has simple to understand methods to make you fitter faster and more resilient Despite no significant sporting background Dr Jim finished in the top half of his age group at the 2016 Ironman Triathlon World Championship in Kona Hawaii This illustrated book contains detailed Triathlon Training Plans for of all abilities from beginner to elite Plenty of insight from a physician who has studied the sport and personally completed 22 Iron distance triathlons A comprehensive guide that includes advice about technique equipment nutrition lifestyle injuries and ailments The aerobic and anaerobic energy releasing systems of the body are explained This clear concise book is written by the accomplished author who published A Dr s Marathon Guide There is no need to over complicate the fundamental things that the reader wants to know Dr Jim started with a slow finish in a sprint triathlon in 2008 then completed his first Ironman in 2009 with a time of 13 12 In 2015 he completed Ironman Barcelona in 9 45 Dr Jim s methods can work for you Go for it

Triathlon: Starting Out Paul Huddle, Roch Frey, 2017-01-31 Triathlon is more than the sum of its parts You can swim cycle and run but you need more to become a triathlete If you want to prepare for your first triathlon this easy to understand introduction to the sport is what you need Roch Frey and Paul Huddle two of the most respected names in multisport coaching cover all the bases to get you to the starting line and help you finish your first race The book contains information on everything from weight training to flexibility up to nutrition It also contains detailed workout schedules for the sprint and Olympic distances to guide you through your training period Triathlon Starting Out is an easy to use training book that will help you visualize the race and

make it to the finish line With Roch and Paul at your side anyone can do a triathlon

**Going the Distance** Clark Parry, Cindy Durkee, 2018-09-04 Clark and Cindy have been racing triathlons since 2010 Clark started it all with The Cotteeman in New Port Richey Florida He has raced in four Ironman races at Panama City Beach Florida Lake Placid NY 2x and Chattanooga Tennessee He has completed 8 half Ironman races several Olympic Distance and too many to count Sprint Triathlons He has qualified for USAT Nationals in his age group three times Cindy overcame non swimmer status to compete in The Cotteeman the Lycra and Lace and Crystal River Triathlons She also is a Half Ironman Relay Runner Chattanooga Tennessee May 2018 She has many half marathons to her credit Clearwater Marathon and Croom Zoom Trail Ultra 31 miles She enjoys coaching and has been pacing clients to reach their goals in 5k and 10k races Currently she is working with 4 coached athletes getting ready for Fort DeSoto 2 Triathlon August 18 2018 In Sprint Triathlons Going the Distance they will answer all your basic questions about Trying a Triathlon Together they enjoy coaching athletes of all ages You can read more from them on their numerous blogs at [www.clarkandcindy.com](http://www.clarkandcindy.com)

**The Ultimate 70.3 Guidebook** Steven Langenhuis, 2018-11-22 Do you find yourself stuck not knowing where to start training for an IRONMAN 70.3 Do you find learning how to train for an IRONMAN 70.3 seems overwhelming and disorganized Pacing and Racing created a start to finish all encompassing IRONMAN 70.3 Training Guidebook to allow anyone to have access to all the information they need at his or her fingertips This is a book that provides you the confidence motivation understanding and resources needed to successfully train for an IRONMAN 70.3 Triathlon The author of the book is a Certified Triathlon Coach a currently active Competitive Triathlete and hosts both a Podcast and a YouTube series on teaching and training for Triathlons

**Your First Triathlon** Joe Friel, 2006 Your First Triathlon is the best selling book for beginner triathletes because it makes preparing for sprint triathlons fun and easy This clear and comprehensive book prepares aspiring triathletes for the challenge of their first tri through a simple 12 week training plan that requires fewer than 4 hours a week By race day you ll have the confidence and fitness to enjoy your first triathlon swimming a half mile riding a bike 12 miles and running 3 miles Your First Triathlon offers a 12 week training plan for total beginners as well as custom plans for athletes already experienced in swimming cycling or running The easy to use plans include achievable swim bike run and optional strength workouts that will slowly but surely build you into a triathlete As you build endurance Joe Friel s technique workouts will improve your speed and efficiency Helpful tips will ensure you ll know how to handle problems like a flat tire soreness and how to navigate questions about etiquette in the pool or on a group ride or run Joe simplifies the complexities of the swim bike run sport with his smart advice on gear how to prepare a transition area finishing a stress free swim and ensuring that race day goes as planned Joe offers tips on choosing a beginner friendly triathlon and then walks you through your entire race week covering packet pickup knowing the course the pre race briefing what to eat for breakfast check in and body marking how to set up your transition area warming up what to do in unexpected weather a smart race plan and what to do after you ve finished your

first triathlon Joe Friel is the coach experienced triathletes trust most His book *The Triathlete's Training Bible* is the best selling resource in the sport and now his trusted advice is available to help you enjoy your first triathlon **Triathlon -**

**Taking the Next Step** Paul Huddle, Roch Frey, Bob Babbitt, Bon Babbitt, 2003-05 Okay you've finished your first short distance triathlon Now it's time to up the ante and go further and faster This guide includes longer workouts balancing work family and training adding speed work recovery and the mental game which are all important to reach the half Ironman distance *Project Ironman* Todd Pringle, 2016-01-14 I have written this book over the course of the last 5 years leveraging the contents as I coach and train for Ironman distance races There seemed to be a gap to help assist self coached athletes to pull together the pieces helping them achieve their personal goals in endurance sports Most books I have read are excellent for helping to define training plans use of training technologies sprinkled with a few inspirational stories of how people overcame their challenges to achieve their triathlon goals The challenge for some of us myself included is that technology and the details of the workouts are only a piece of the puzzle that help us to achieve our goals They are the needed evils of training for our sport but what seemed to be missing was a method to pull the information together in a manner that wasn't completely overwhelming My approach was developed to ensure I had triathlon work life balance and not necessarily in that order in an easy to understand methodology Most of us hold down full time jobs and have kids or other family activities at the very least I have a unique background for this journey with you I am veteran of many marathons and all Triathlon length races including multiple Ironman's I am an IRONMAN CERTIFIED Coach I am also a seasoned project manager since the early 90's and have managed numerous multimillion dollar complex projects The discipline instilled by project management with budget scope schedule and quality constraints naturally lent itself to a logical and ordered approach for tackling the Ironman goals I took my simple approach that I apply to large projects and applied it for endurance sports *Athlete to Triathlete* Marni Sumbal MS, RD, CSSD, 2020-01-28 Go the distance a triathlon training guide for athletes Maybe you love to run swim competitively in high school or enjoy riding your bike Perhaps you're looking for a fun new athletic challenge Whatever the case is you're in the right place *Athlete to Triathlete* delivers the ultimate triathlon training plan for Sprint and Olympic races to help you gain the fitness and confidence to complete your first race and enjoy doing it Transition from a single to a multisport athlete with advice on everything from injury prevention and mental fitness to pro tips for mastering each sport The up to date information and expert guidance make your training journey and race day experience safe fun and memorable This triathlon training book includes Triathlon 101 All the triathlon specific information you need to know including helpful features like gear checklists transition tips and race day rules Training beyond the basics The chapters provide simple to understand details on training fundamentals stretching exercises and advice tailored to runners cyclists and swimmers 12 week training plans Follow a detailed day by day training plan for either a Sprint or Olympic distance race When you're ready to race in your first triathlon grab a copy of *Athlete to Triathlete* and complete the race with confidence

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